The Herbalist

VERSION 2

by David L. Hoffmann, B.Sc.; M.N.I.M.H.

author of ***The New Holistic Herbal***

includes

Basic Principles ❧ Human Systems ❧ Actions ❧ Herbal Materia Medica

ALTERNATIVE HEALTH SERIES

Multimedia CD-ROM for Windows and Macintosh

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Installation Using Windows® 95

- Insert the CD into your CD-ROM drive.
- Follow the screen prompts for installation/setup instructions.

Installation Using Windows® 3.1

- Insert the CD into your CD-ROM drive.
- From the Windows *Program Manager*, click on **File**.
- Click on **Run**.
- Click on **Browse**.
- Under *Drives*, select your **CD-ROM drive**.
- Under *Directories*, double click **herbal**.
- Under *File Name*, double click **setup.exe**.
- Select **OK** to proceed with the setup operation.
- A Herbalist icon has been created. Select **Continue** to run The Herbalist.

Installation Using Macintosh

- Insert the CD into your CD-ROM drive.
- Double click The Herbalist icon.
- The Herbalist will start up and play directly from your CD-ROM drive.

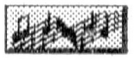
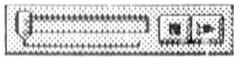
On-line Help

- On-line help contains detailed explanations of the Navigation, Sound, Printing, Bookmarks, Notebook, and many other features.
- If you encounter a problem while The Herbalist is running, try using the Help menu to look for possible solutions.

Trouble Shooting

- **No text appears - Windows**: From *Control Panel/Color*, reset *Window Text* to something other than white.
- **Can't hear sound - Windows**: From *Control Panel/Sound*, ensure that *Enable System Sounds* is selected.
- **Can't hear sound - Macintosh**: You need 6 megabytes for the audio to play.
- **The Herbalist Macintosh won't start up after you double click the icon**: You need at least 4 megabytes of FREE RAM to start up and run. Things to try: 1) Quit any other open application(s), 2) use the "Virtual Memory" feature of system 7.0+ (in Memory Control Panel), 3) disable suspect extensions - system 7.5 use the "Extensions Manager" by restarting with the space bar depressed (earlier systems, drag extenstions out of extensions folder & temporarily store outside system folder. Restart). Knows incompatibilities: Ram Doubler and QuickDraw GX.
- **If all else fails** call us at (612) 931-9376 or fax (612) 931-9377. We'll try to figure out the problem. If we can't, we'll find someone who can.
- If the CD-ROM ever breaks or fails, send it back for a free replacement.

Tips - Windows

- Click on the hand to make selections from the front Pond screen. Click on the path below the Contents/Index signs for a Walk Through a Herb Garden. Click on David's name to see credits.
- Click on  to hear one of the songs by Jim Duke.
- Click on a small photo to see its enlargement.
- Click on  to hear David's sound track. Start it by clicking on the far right Play/Pause button. To stop the sound, click on the black square.
- Click on the **Go Back** button to retrace backwards through previous topics.

Important Stuff!

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Books by David Hoffmann

The Elements of Herbalism (Element Books)
An Herbal Guide to Stress Relief (Healing Arts Press)
The Herbal Handbook (Healing Arts Press)
The New Holistic Herbal (Element Books)
Therapeutic Herbalism (Viridtas Press)
Welsh Herbal Medicine (Abercastle Press)
An Elders Herbal (Healing Arts Press)

Songs and Verse from Jim Duke's *Herbalbum*

Available from Jim Duke, Herbal Vinyard, 8210 Murphy Road, Fulton, Maryland 20759

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8/96